

# Children - 2 to 5 Year Old



Ask your  
WIC clinic  
about possible  
choices.

## EACH MONTH **YOUR CHILD** WILL RECEIVE:

Skim, ½%, 1% or 2% Milk	4 gallons
Breakfast Cereal	36 ounces
Juice	2 64 ounce containers
Eggs	1 dozen
Canned Beans (Feb, Apr, Jun, Aug, Oct, Dec)	4 14-16 ounce cans
Peanut butter (Jan, Mar, May, Jul, Sept, Nov)	16-18 ounce jar
Whole Wheat Bread, Brown Rice, or Whole Wheat or Soft Corn Tortillas	32 ounces
Fresh, Frozen or Canned Fruits or Vegetables	\$6.00 worth